

From: Mason, Steve
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Subject: Daily Tip for Relieving Stress # 01

Get enough sleep. OK, don't laugh... I know how hard this can be. But, inconsistent sleep can have some serious consequences. Not only does it affect our physical health, but lack of sleep can also contribute to overall anxiety and stress.

And sometimes it turns into a vicious cycle, since anxiety often leads to disruptions in sleep. Especially when feeling anxious, try to get a few more minutes of sleep. If it is possible, when exhausted, try to just take a quick 15 minute nap somewhere.

And if you ever need to just talk, give me a call... 214-789-1871...

With Regards, Steve



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"Frequently, my thoughts get bored and walk down to my mouth. Often, this is a bad thing."